REGINA metro®

NEWS WORTH SHARING.

YES!
Thanks for all you did

Thanks to the many citizens who took a stand to keep water public. You rock!

Regina Water Watch
ReginaWaterWatch.ca

SALUTING OUR FALLEN DEFENDERS

POLICE AND PEACE OFFICERS HONOUR THOSE KILLED IN THE LINE OF DUTY PAGE 2

FONTAINE BLEU

Stylish Harbour Landing Condos with Fabulous Amenities

1 Bed 1 Bath
starting at $199,900

2 Bed 2 Bath
starting at $254,900

Move in Spring 2014

(306) 552-5644
www.fontainebleu.ca

The Roughriders' Geroy Simon makes a catch during a warm-up before the game against the Alouettes on Sunday in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

Geroy crowned while Riders continue skid

Mixed emotions. Simon becomes CFL's all-time king of receptions but leaves game dissatisfied

The losing skid continued for the Saskatchewan Roughriders Sunday in Montreal.

Led by CFL tackles leader Chip Cox, the Montreal Alouettes held the slumping Roughriders to 15 yards on the ground, picked off three Darian Durant passes, sacked him four times and stuffed a third-and-one attempt on the goal line in their 17-12 victory on Sunday.

Duron Carter scored the only touchdown for Montreal (5-8), which ended a three-game losing run. Weston Dressler had the lone TD for the Roughriders (8-5), who lost their fourth game in a row.

The highlight for the visitors came about 10 minutes into the opening quarter, when slotback Geroy Simon made history by hauling in his 1,018th career reception, breaking the record of former Alouette Ben Cahoon. He ended the game with 1,020.

A message of congratulations from Cahoon was shown on the scoreboard, but the Riders will wait until they are at home Oct. 12 to celebrate his feat.

Simon was in no mood for that after the game.

"We're just not executing now," the 15-year veteran said. "The defence is holding up their part of the bargain by holding them to minimal points, but I can only speak for the offence.... We're just not making plays we need to make." THE CANADIAN PRESS

Twitter

@PrairieDawn74
@geroysimon. You are a playmaker and a true gentleman. Congratulations from all of #Ridernation and from anyone who loves the #CFL

@ChristieBuono
Congrats to @geroysimon.... Couldn't be happier for you! #GOAT #HardWorkPaysOff #Superman

@AustinPlayter
Congratulations to Geroy Simon. I may not agree with signing him this off season, but still thats an impressive accomplishment. #Riders

@JosueUrbina1
Congratulations to @geroysimon ... Great to see you do it in green and white!

THE NUMBERS SPEAK FOR THEMSELVES.

LASIK MD VISION

Starting at $490 per eye*
Book a free consultation at 1-855-785-2020 or lasikmd.com

Calculate your savings!
lasikmd.com/calculator

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Officers honour fallen service members

Police and peace officers. Regina's tribute included a reading of names of those who have died in the line of duty

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Eleven-year-old Kayleb Pineo and his mother, Natasha, son and widow of RCMP Const. Derek Pineo, attend the Canadian Police and Peace Officers Memorial Service on Parliament Hill in Ottawa Sunday. Const. Pineo was killed in the line of duty in Saskatchewan on July 20, 2012. FRED CHARTRAND/THE CANADIAN PRESS

Police and peace officers from across Saskatchewan gathered outside the provincial legislature on Sunday to pay tribute to their counterparts who died in the line of duty.

The event was part of a nationwide memorial day honouring fallen police and peace officers, now in its 10th year.

"Police and peace officers across the country, joined by friends and families, take time out of their busy lives to reflect, remember, honour and pay tribute to sister and brother officers who have fallen in the line of duty," said Saskatoon Police Service Staff Sgt. Grant Obst, an event organizer, at Sunday's memorial.

Special guests, including the province's Lieutenant-Governor Vaughn Solomon Schofield and Regina police Chief Troy Hagen, hung wreaths outside the legislature building, while organizers read out loud every name on the province's "Honour Roll," which lists police and peace officers who had fallen in the line of duty while serving in Saskatchewan.

Schofield said the fallen officers left behind "loved ones who will miss them terribly" and "left a hole in our province that will never be filled."

"We celebrate their contributions in life, we remember them in death and we pledge to honour their memories," she said. "We are all diminished when an officers dies."

The most recent name added to the list was Justin Knackstedt, a conservation officer who was struck and killed by a vehicle in June 2013 as he assisted RCMP with traffic control on Highway 11, just south of Saskatoon.

Blaine Thomas Taypotat has been charged with manslaughter in connection with Knackstedt's death.

Knackstedt was 23 years old.

U of R. Wet weekend for students after sprinkler floods residence

The University of Regina has been mopping up from a wet weekend after a fire alarm in a campus residence activated a sprinkler.

A torrent of water flowed downwards from the sixth floor of the South Residence at about 1 a.m. Saturday, prompting university officials to evacuate the entire building.

Many tired students, wrapped in blankets and wearing sweatpants and pyjamas, waited in a cafeteria on Saturday for news on when they could return.

Cleaning crews found the remnants of a small fire in an equipment closet.

Students from the sixth and fifth floors were taken to hotels Saturday night, and it remained unclear Sunday as to when they could return to their rooms.

There was no word on the cost of the damage.

CJME/THE CANADIAN PRESS

Bengough

Man dies after vehicle rollover

A 34-year-old man is dead after a single-vehicle rollover Saturday afternoon on a grid road, 20 kilometres south of Bengough.

RCMP said there were three passengers, and one female passenger was transported to Regina with undetermined injuries. The RCMP Forensic Collision Reconstruction Unit assisted with the investigation.

As of press time, police had not released the name of the deceased.

MARCO VIGLIOTTI/METRO

Whitewood area. Air ambulance called to scene of collision

The STARS air ambulance was called to the scene of a two-vehicle collision Saturday on Highway 9, just north of Whitewood, that left one man stuck inside the reportedly stolen van he was driving.

RCMP said the van was travelling northbound when it collided with a southbound pickup truck. The man driving the van was wedged inside the vehicle before being extracted by emergency responders. The driver of the truck was not seriously injured.

Shortly after the collision, police determined the van had been stolen from a business in Whitewood.

The investigation is ongoing and charges are pending. MARCO VIGLIOTTI/METRO

On the web

For more local news visit metronews.ca

IOC told Russian law won't affect gay athletes

Actress Ino Menegaki lights the Olympic flame at Ancient Olympia in Greece on Sunday. Thomas Bach, the new IOC president, said Sunday he had received assurances from senior Russian officials and Games organizers that an ongoing controversy over the country's treatment of gays will not affect athletes at the Sochi Winter Olympics.
DIMITRI MESSINIS/THE ASSOCIATED PRESS

Canadians in Egypt ordered detained for another 45 days

Time for PM to get involved? Families of Tarek Loubani and John Greyson planning their next step after disappointing news

MIKE DONACHIE
Metro in London, Ont.

The families of London, Ont.'s Tarek Loubani and Toronto's John Greyson were "disappointed" to hear the men's detention in Egypt had been extended for another 45 days.

But, following a statement Friday by the country's attorney general that more investigations were needed, they were not surprised.

Greyson's sister, Cecilia, told Metro the Canadians, who have not been charged with any crime, are tired but physically OK, based on what their lawyers have said.

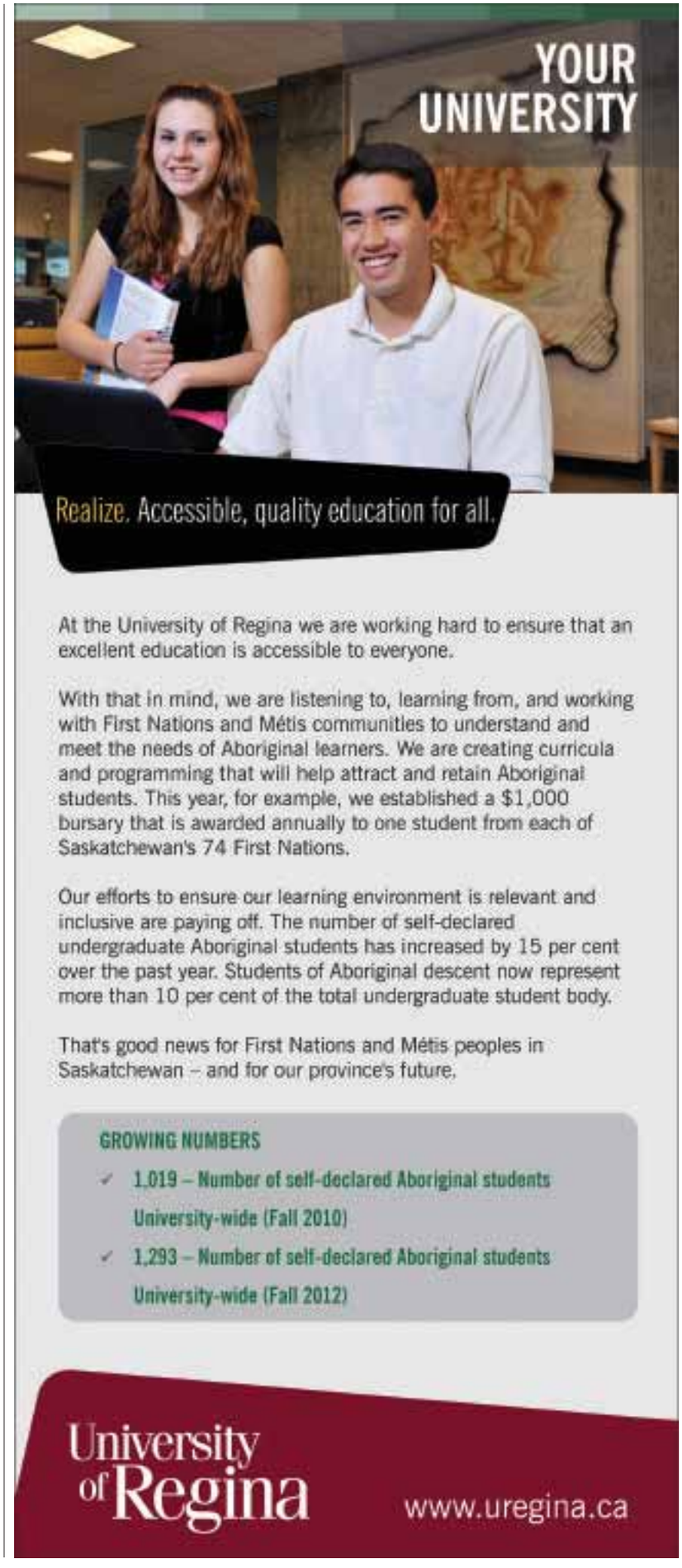
Supporters of Tarek Loubani and John Greyson have been wearing buttons to draw attention to the case. ANGELA MULLINS/METRO

Although grateful for the help from the Canadian government, including direct representations by Foreign Affairs Minister John Baird, Greyson's family wants help to be stepped up.

"We need to continue to ask the Canadian government to continue the work it's already been doing, talking to Egyptian officials and asking for their release," said Cecilia Greyson. "The minister of foreign affairs has been very concerned about the case. Minister Baird spoke to the Egyptian foreign minister on a couple of occasions this week.

"It may be time now that Prime Minister Harper talk to his Egyptian counterpart," she added.

The families are planning their next step, after talking to their lawyers.


YOUR UNIVERSITY
Realize. Accessible, quality education for all.
At the University of Regina we are working hard to ensure that an excellent education is accessible to everyone.
With that in mind, we are listening to, learning from, and working with First Nations and Métis communities to understand and meet the needs of Aboriginal learners. We are creating curricula and programming that will help attract and retain Aboriginal students. This year, for example, we established a $1,000 bursary that is awarded annually to one student from each of Saskatchewan's 74 First Nations.
Our efforts to ensure our learning environment is relevant and inclusive are paying off. The number of self-declared undergraduate Aboriginal students has increased by 15 per cent over the past year. Students of Aboriginal descent now represent more than 10 per cent of the total undergraduate student body.
That's good news for First Nations and Métis peoples in Saskatchewan – and for our province's future.
GROWING NUMBERS
1,019 – Number of self-declared Aboriginal students University-wide (Fall 2010)
1,293 – Number of self-declared Aboriginal students University-wide (Fall 2012)
University of Regina
www.uregina.ca

Africa. Nigerian students executed while they slept

Suspected Islamic extremists attacked an agricultural college in the dead of night, torching classrooms and shooting dozens of students as they slept in dormitories, the school's provost said — the latest violence in Nigeria's ongoing Islamic uprising.

The attack, blamed on the Boko Haram extremist group, came despite a 4 1/2-month-old state of emergency covering one-sixth of the country. Recent violence has led many to doubt assurances from the government and the military that they are winning.

Provost Molima Idi Mato of Yobe State College of Agriculture said that there were no security forces protecting the college. Two weeks ago, the state commissioner for education had begged schools and colleges to reopen and promised they would be guarded by soldiers and police.

Idi Mato said as many as 50 students may have been killed in the assault that began about 1 a.m. Sunday in rural Gujba.

Most schools in the area closed after militants on July 6 killed 29 pupils and a teacher, burning some alive in their hostels, at Mamudo outside Damaturu.

President Goodluck Jonathan condemned the attack on TV. He said he wondered whether the victims were Muslim or Christian.

Boko Haram leader Abubakar Shekau has said that his group wants to end democracy in Nigeria and allow education only in Islamic schools. Boko Haram means "Western education is forbidden."

Its uprising poses the biggest security challenge in years to the country. Nigeria is Africa's most populous nation with more than 160 million people — almost equal numbers of which are Muslims and Christians. THE ASSOCIATED PRESS

Too young

18-22

Provost Molima Idi Mato of Yobe State College of Agriculture said most victims were between age 18 and 22.

Car bomb kills dozens to cap off lethal week

Pakistan. Explosion shreds popular bazaar, lighting old wooden structures ablaze

A car bomb ripped through a crowded street in Peshawar's oldest bazaar Sunday, killing 40 people in the third blast to hit the troubled Pakistani city in a week, officials said. No one immediately claimed responsibility for the attack.

The explosion appeared to have been caused by a bomb planted in a parked car and detonated by remote control, said police officer Zahid Khan. It went off near a mosque and a police station, damaging the house of worship and nearby shops and engulfing many vehicles in flames, police said.

At least 40 people were killed and 90 wounded, said Jamil Shah, a spokesman for Lady Reading Hospital.

The dead included 14 members of a single family who were visiting Peshawar to plan a wedding, along with their driver and an assistant, said relatives.

Many of the old buildings in the historic Qissa Khawani market are made of wood, which easily caught fire, said senior police officer Shafqat Malik. THE ASSOCIATED PRESS

Victims by the score

Such attacks in Peshawar have claimed more than 140 lives since last Sunday, when two suicide bombers blew themselves up at a church, killing 85 people.

- **On Friday,** 19 people died when a bomb planted on a bus exploded.

A Pakistani man carrying a child rushes to safety shortly after a car bomb exploded in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Fall Special
Includes:
- Oil & filter & lube
- Check block heater
- Check anti-freeze for strength & condition
- Check air filters, fluids & wiper blades
- Check tire pressure & wear
- Check under carriage, lights, hoses, belts, battery cables & ends

48.95

Fall Engine Care Package
Get rid of the sludge in your engine walls, the sticking fuel injector in rail and throttle body • Tune-Up • Oil Change • Purge Fuel Injectors • Engine Flush • Check antifreeze strength • Check block heater • All belts and hoses inspected
4-cyl. 192.00 6-cyl. 209.00 8-cyl. 224.00

Brake Service
Includes pads or shoes & turning rotors, drums repack wheel bearings when required. Labour included.
Drum Rear 159.95
Disc Front 169.95

Scan Computers for Codes
Engine, ABS, Airbags
85.00

Balance and Rotate
All 4 tires, including labour
50.00

Transmission Service
• Includes • Filter • Gasket • Fluid • Labour
110.95

FMC Computerized Thrusts Alignments
Two Wheel 80.00 Four Wheel 90.00
Plus shims if required

Cooling System Flush
Includes new anti-freeze and chemicals & labor
110.95

Minor Tune-Up
Includes plugs and labour
Check antifreeze strength
Check block heater
All belts and hoses inspected
4-cyl. 93.95
6-cyl. 109.95
8-cyl. 118.95

SGI Accredited Inspection Station
Taxi, First time registration & total loss 125.00

Fuel Injection Purge
System Includes labour, and chemicals
65.00

Boot Service
Check CV Boots & Joints, repack with new grease and new clamps
105.00

PRO CERTIFIED AUTO SERVICE 2009 LTD.
2505 - 4th Ave. N. • 359-3323

Kenya. Authorities make 12th arrest in mall siege as citizens demand info

Kenya's security services made another arrest Sunday in connection with the deadly Westgate mall attack, said a top official, who declined to say how authorities believe the person was involved.

Kenya has arrested 12 people since the attack but three have been freed, Interior Minister Joseph Ole Lenku said during a press conference. He declined to say if any of those arrested had been in the mall during the attack.

The four-day siege, which included the collapse of part of the mall, left 67 people dead, according to officials. Two of the dead were Canadians. The Red Cross says 59 people remain missing, though the government puts that number at zero.

Kenyans have become increasingly frustrated over the government's unwillingness to share information about the attack. Almost no details have been released about what happened after the first hours of the siege. THE ASSOCIATED PRESS

Sonali Shah, right, whose fiancé was killed in the Westgate Mall attack, is consoled during a prayer in Nairobi on Sunday. SAYYID AZIM/THE ASSOCIATED PRESS

Chemical weapons

Officials set plan to disarm Syria

Inspectors who will oversee Syria's destruction of its chemical weapons said Sunday their first priority is to help the country scrap its ability to manufacture such arms by Nov. 1 — using every means possible.

The inspectors said that may include smashing equipment with sledgehammers, blowing up delivery missiles, driving tanks over empty shells and running machines without lubricant so they seize up.

On Friday, the UN Security Council ordered the Organization for the Prohibition of Chemical Weapons to help Syria destroy its chemical weapons by mid-2014.

On Sunday, inspectors met with media in The Hague to explain their current plan of action. An initial group of 20 leaves for Syria on Monday.

"This hasn't been done before: an international mission to go into a country which is involved in a state of conflict and ... oversee the destruction of an entire category of weapons of mass destruction," said spokesman Michael Luhan. THE ASSOCIATED PRESS

Canadian satellite could improve GPS

The aurora borealis may look pretty as it dances across the northern sky, but Canadian satellite CASSIOPE is about to study a nasty side lurking behind that beauty. The hybrid satellite blasted off Sunday from California, and the University of Calgary's Greg Enno says the data the satellites will collect should make it a lot easier to predict the impact of solar storms on the Earth. When plasma and particles from the sun enter the upper atmosphere they usually cause the stunning northern lights, but they also affect things like hydroelectricity systems and GPS users. "The biggest winners from our sets of data is the GPS industry because their measurements may be accurate enough so they can use it for all sorts of stuff like landing aircraft, but also hydro people because they don't want to be surprised and have a network go down," Enno said. THE CANADIAN PRESS FILE

Medical weed supply reborn as free market

Health Canada. Under the new system, users will get their pot from large-scale farms that are RCMP-certified

The Conservative government is launching a $1.3-billion free market in medical marijuana this Tuesday, eventually providing an expected 450,000 Canadians with quality weed.

Health Canada is phasing out an older system on Monday that mostly relied on small-scale, homegrown medical marijuana of varying quality, often diverted illegally to the black market.

In its place, large indoor marijuana farms certified by the RCMP and health inspectors will produce, package and distribute a range of standardized weed, all of it sold for whatever price the market will bear. The first sales are expected in the next few weeks, delivered directly by secure courier.

"We're fairly confident that we'll have a healthy commercial industry in time," Sophie Galarneau, a senior official with the department, said in an interview. "It's a whole other ball game."

The sanctioned birth of large-scale, free-market marijuana production comes as the Conservatives pillory Liberal Leader Justin Trudeau's campaign to legalize recreational marijuana.

Health Canada is placing no limits on the number of these new capital-intensive facilities, which will have mandatory vaults and security systems. Private-dwelling production will be banned. Imports from places such as the Netherlands will be allowed.

Already 156 firms have applied for lucrative producer and distributor status since June, with the first two receiving licences just last week.

The old system fostered only a cottage industry, with 4,200 growers licenced to produce for a maximum of two patients each. The Mounties have complained repeatedly these grow-ops were often a front for criminal organizations.

The next six months are a transition period, as Health Canada phases out the old system by March 31, while encouraging medical marijuana users to register under the replacement regime and to start buying from the new factory-farms.

THE CANADIAN PRESS

Retail

Grocery wars heat up with mergers, new competition

The battle to bag your supermarket business is fiercer in 2013 than it has been in years, with grocers pulling out all the stops to get both price-savvy and health-conscious consumers through the checkout.

The virtual overhaul of food retailing this year is the backdrop to the Grocery Innovations Canada conference, which starts Monday in Toronto.

For two days, Canada's largest grocery industry trade show will host 5,000 retailers and experts who are dealing with mega-mergers, rapid floor-space expansion and new entrants into the once-quiet sector. "It's a tough game to be in now," says Kevin Grier, senior market analyst at the George Morris Centre in Guelph. The grocery market has undergone big changes recently, with discount retailers Walmart and new entrant Target duking it out in the food aisles with established grocers like Loblaws, Sobeys and Metro.

TORSTAR NEWS SERVICE

With First Lady's help, Girl Scouts try recruiting via social media

The Girl Scouts of the USA is launching an unorthodox recruitment campaign featuring Michelle Obama, aimed at reversing a long-running decline in participation by girls and adult volunteers.

Instead of placing ads on TV, in newspapers and on billboards, the decentralized campaign will unfold in neighbourhood initiatives and on social media as local Girl Scout councils directly target elementary-school girls — even kindergartners — with promises of adventuresome fun.

The first lady is pitching in with a video in which she lauds the contributions of the Girl Scouts and urges adults to find the time to help out.

"In order to bring the fun to more girls, Girl Scouts need you to volunteer," she says. "You can show girls that anything is possible. You can inspire them to dream bigger and go further than they ever imagined."

Obama, like other first ladies since 1917, serves as the Girl Scouts' honorary national president.

The upbeat campaign follows a trying stretch for the Girl Scouts, who celebrated their centennial in 2012 but have confronted multiple difficulties this year. These include a deficit-strapped pension plan, rifts over the direction of programming and revenue shortfalls that prompted the national headquarters to trim about one-fourth of its staff through buyouts and layoffs.

Michelle Obama THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

120
Shawn and Penny Fay,
Regina, SK
Build®
Your Future
120-Day Rate Guarantee
A mortgage from Conexus Credit Union comes with flexible options that let you skip a payment, pay your mortgage faster, take time to find the home of your dreams, and even get a little cash back.
Best of all, we have the friendly experts to make sure you can make the most of all those options.
conexus
Credit Union

RCMP BARBIE: STEREOTYPES GALORE

URBAN COMPASS

Hilary Nelson
saskatoon@metronews.ca

Last week, the RCMP Heritage Centre in Regina unveiled the second iteration of an RCMP-themed Barbie doll, Canada Barbie. Yes, second — the first plastic figure to wear the Red Serge (albeit ill-fitting) was Canadian Barbie, way back in 1988.

This updated Barbie has a bit more tailoring than its predecessor but still prefers an unbound head of hair and high-heeled boots, verboten amongst the flesh-and-blood Mounties. Part of the Dolls of the World series, Canada Barbie duly represents all that is Canada — or at least a narrow slice of Canada recognizable to outsiders without resorting to other Canadian symbols like maple syrup or beavers.

RCMP Barbie is an easy fit — the Red Serge is recognizable outside our borders without too much explanation. Mattel ticks off the Canada check box on its Dolls of the World list and moves on.

We get short shrift when it comes to Barbie representations — aside from the first iteration of Canadian Barbie, the only other collectible Barbie to allude to Canada was the stylish Winter in Montreal Barbie, issued fashionably late in 1999, a year after the ice storm.

I'm not much of a Barbie proponent, but it would be nice to see at least a couple more attempts at displaying a bit of the variety Canada has, and I'm not talking about multiple unfortunate versions of Eskimo Barbie.

Barbie has a lot of history to unpack, however, more than will fit in your average Glamour Camper or this column.

Suffice it to say I am not surprised, nor do I fault the RCMP officers who, in the midst of widespread allegations of sexual misconduct within the ranks, feel that a conventionally passive, stereotypical doll valued for its physical attributes and issued in their image is an insult. Many of the allegations stem from an assumption that women in the RCMP are not serious about their jobs and are only there for window dressing and to serve the needs of others.

Women do not lack for reminders that in many arenas, appearance comes first and aptitudes second, and I don't think RCMP Barbie is here to be judged on her policing skills. For one, the Red Serge is a dress outfit, not the uniform of an officer on duty. Barbie also doesn't come with any props — not even a notebook to write Ken up for expired plates on his Porsche.

This RCMP officer is for display only, a token representation of Canada and a nod to our brightly coloured national police service.

While I am sure the majority of Canada Barbies will be relegated to the display shelf, part of me hopes at least a couple of intrepid Mountie Barbies will be having adventures in the RV with Computer Engineer Barbie and President Barbie. Staying strictly within the speed limit, of course.

For display purposes only

Many of the allegations stem from an assumption that women in the RCMP are not serious about their jobs and are only there for window dressing and to serve the needs of others.

ZOOM

Space oddity: Noctis Labyrinthus

COURTESY NASA/JPL/UNIVERSITY OF ARIZONA

Red Planet lookin' a little blue

Judging by this image of our neighbouring world, Mars isn't always the "Red" Planet. Taken by NASA's Mars Reconnaissance Orbiter (MRO), the photograph shows the colourful area of the Noctis Labyrinthus region, perched high on the Tharsis rise in the upper reaches of the Valles Marineris canyon system. **METRO**

Valles Marineris stretches east-west just below Mars's equator.
COURTESY NASA

The grand, grand, *grand* canyon

Covering nearly a fifth of the circumference of Mars, the Valles Marineris is the largest canyon system on the planet. Spanning a colossal 4,000 kilometres, the canyon system can reach depths of 10 kilometres, and is at some points 200 kilometres wide. If the system were located on Earth, it would stretch across the U.S., from L.A. to the Atlantic coast. **METRO**

Falling into the abyss

The Valles Marineris system is believed to be the result of the formation of the nearby Tharsis volcanic region, home to Olympus Mons, the solar system's largest volcano. As the region swelled with magma billions of years ago, the planet's crust stretched and split, collapsing into a vast, deep canyon. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Three weeks into its Canadian debut, Kickstarter Canada's been funding everything from alien adventure/action games to animated shorts to new technologies you never knew you needed. Meet the products you probably don't need, but will feel super cool having.

CONTRIBUTED

Polar Pen:

With 17 days left to go, the "world's first" modular magnetic pen has already reached more than 3,000 per cent of its funding. Not only would the silver (or 24K gold) bits look hot on your desk, they'd also give you something to play with when writer's block hits.

Peachy Printer:

Again with the "world's first," this 3D printer claims to be among the cheapest ($100) and smallest 3D printers (that also doubles as a scanner). The pared-down design keeps the cost of the device low without using cheap parts. Twenty-one days left — and almost 1,000 per cent funded — to get in on the action.

AppSeed:

From sketch to prototype with just a smartphone, the AppSeed helps designers turn their ideas into functioning models. With 10 days to go and $13,000 up, these Toronto-based designers are at 45 per cent of the $30,000 goal.

Comments

RE: Are U.S. border guards 'anti-Canadian'? Published online Sept. 27

Canadians need to stop going down to the States. Do your shopping here, vacation in Canada or anywhere other than the States. After about a year of the boycott, the Americans will be crying for Canadians to come back. If the Americans want our business, then it is them that need to smarten the Border Guards up and treat us with respect. The same goes for the Canadian Border Guards, they too are in need of smartening up pills. **Dinorex, posted to metronews.ca**

Must be a slow news day. I'm sure there are CBSA employees that hate arrogant yanks, or bus drivers that hate old people, driving instructors that hate teenagers, etc. A little time on the Internet and you'll find a forum where someone behind an alias (hey — like me!) is crapping on someone else. It's hardly newsworthy. **Guesswhosback, posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9 • **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

iTunes Festival

Justin Timberlake

Venue. Live from the Roundhouse in London, U.K.

The problem with live streaming is the technical difficulties. Would have loved to tell you how awesome Justin Timberlake's opening Only When I walk Away was, but I could only hear it. Crowd seemed to love it. But it wasn't until the next song, Sexy Back, when the technical glitches resolved and I could see Timberlake, surrounded by blazing purple and red lights and smokin' hot in a black suit (but no tie), white penny loafers and fedora. Timberlake was backed by a quartet of singers and a pit of musicians, including brass and electronic. Dude still has moves, paying homage to Michael Jackson as he went and still has pipes, his gorgeous falsetto hitting the high notes in Cry Me a River with ease. Watching the concert through the iTunes store means getting close enough to see every sweat drop run down Timberlake's face. He gave the crowd what they wanted – a mix of old hits and songs from his upcoming album The 20/20 Experience – Part 2, which drops today. ELISHA DACEY/METRO

EACH MONDAY IN SEPTEMBER, METRO REVIEWED ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Going light on the legal

Interview. Franklin & Bash is set in the courtroom but it's more about the relationship between the two lawyers

NED EHRBAR
Metro World News in Hollywood

Franklin & Bash is a show about lawyers sans all that legal stuff. CONTRIBUTED

Mark-Paul Gosselaar and Breckin Meyer are currently enjoying the third season of their comedy-drama legal series, Franklin & Bash, about two — let's say unconventional — young attorneys. They're so comfortable that it can be tough to distinguish them from their characters sometimes, except, as Gosselaar points out, Meyer's Jared Franklin is much funnier than Meyer himself.

There are a lot of shows about lawyers. What makes this one unique?

Mark-Paul Gosselaar: I think what separates our show most is the relationship between the two guys, Franklin and Bash. When I was pitched the show, I had just come off a TNT show playing an attorney, so the last thing I wanted to do was play another attorney. But being an attorney and the law aspect of the show sort of takes a back seat really to the relationship between these two guys. And that, I think, isn't in lawyers shows as much as they are in cop shows, maybe, or some other genres. But I think that's the first time that I read a script about two lawyers who have this sort of relationship — and I'd like to say that we came out before Suits because Suits has sort of the same dynamic.

Breckin Meyer: And I think the thing you don't get when you're dealing with these "case of the weeks," the one thing we have with the show — and it's because of the relationship — is the fun, is the comedy. It's not like Airplane, it's not a satire of a legal show. It's just that these guys are younger than most lawyers that they go up against, younger than the judges, and they tend to go about it in... a feistier way. If that means Jerry getting drunk during a cross-examination or Peter making out with one of the witnesses to win the case, so be it. They're kind of still feisty.

After three seasons, how comfortable are you in the roles?

Gosselaar: I think we're pretty comfortable, but also I think that we still, to this day, are very hard on ourselves, and I think we're very hard on the show in terms of trying to produce a product that we enjoy being on and that the fans will enjoy. I don't think we're comfortable in the sense that it's the third season and we're just sort of letting the show manifest into itself. I think we're still very much a part of it and we're still hungry. We only do 10 episodes a season, so for us in three seasons, we've done basically a season and a half of a network show. So for us it doesn't feel like we've done that much. A lot has happened in three years. I mean, Breckin is old now.

Meyer: And you don't stop aging. It's insane.

Gosselaar: I drink blood. I drink Breckin's blood, actually, that's how. Our characters are a magnification 100 per cent of who we are in real life. What we play on television is not too far from the type of people that we are, but they're completely magnified. I like to work out, I like to feel good about myself and look good, but Peter takes it to a whole other level. Breckin is kind of funny in real life, but he's really funny on the show.

How much time have you actually spent in a courtroom to research this job?

Gosselaar: For this job? None.

Meyer: And we'll say to Bill, our co-creator, a lot — like with me being drunk or whatever — we'll say, "What would happen if I really did that in court?" And he says, "You'd get thrown in jail," ... Bill says if you learn anything about the law watching our show, we're doing you a disservice.

Show

Where can you watch

- **Channel.** Franklin & Bash airs Mondays on Bravo.

Dahong Investments Group Inc.
Office: 306-992-3255
Fax: 306-993-1939
107Albert St., Regina, SK Canada S4R 3B8
Doors • Security Cams • Electrical
Windows • Showers • Cabinets
Bidets • Counter Tops
Call for a FREE estimate
URGENTLY HIRING – Dahong Investments currently has full time openings for the following positions:
– 8 Roofers $20/hr
– 8 Painters $18/hr
– 6 Carpenters $22/hr
– 6 Floor Installers $20/hr.
– 6 Drywall Installers $22/hr
All permanent 40hr/week, WCB included.
Must have 3+ yrs exp. Resumés to info@dahong.ca

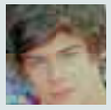
October 4 - 5, 2013
Conexus Arts Centre
Regina, SK
Friday 1 PM - 9 PM
Saturday 10 AM - 5 PM
Breast Cancer Action Saskatchewan
CREAM OF THE CROP CRAFT SALE
Admission $5 (Two Day Pass) • Hourly Door Prize Draws
For information:
Breast Cancer Action Saskatchewan
E-2318 Assiniboine Avenue E., Regina, SK S4V 2P5
phone: 306-586-9191 • email: bcas@sasktel.net
BRING THIS ADVERTISEMENT IN AND RECEIVE $1.00 OFF ADMISSION

Jon Hamm

Words keeping co stars Radcliffe and Hamm close

How do A Young Doctor's Notebook co-stars Jon Hamm and Daniel Radcliffe keep in touch? With the mobile game Words with Friends, Hamm tells E! News. "Because that's basically the 21st century way of staying in touch," he says. "He's wildly intelligent and super-funny and super-talented. I like to have people in my life who are all three of these things."

Twitter


@Harry_Styles
We don't need no piece of paper from the city hall.

@TheRealNimoy
Tried a mind meld with a congressman...PAIN !!

@AlbertBrooks
Theoretically Coke Zero should have nothing in the can.

METRO DISH
OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Bieber lays down the law while Gaga bickers online

STAR GAZING
Malene Arpe
scene@metronews.ca

Justin Bieber reportedly kicks out his buddies Lil Za and Lil Twist after some jewelry goes missing from his house. Perhaps now there will finally be room for Lil Suspenders and Lil Shirt to move in.

Pamela Anderson is going to be running the New York City Marathon. Unfortunately she will apparently not be doing so in slow-motion, wearing a red bathing suit.

Kevin Federline says that he will not allow Britney to haul their son Sean Preston on stage during her upcoming Vegas show. And if she doesn't heed him he'll immediately retain a lawyer using her money.

Robert Pattinson brought a "mystery brunette" to a friend's birthday party. It was either that or the "intrigue redhead," but she was busy at an anniversary brunch.

Kanye West complains that six years ago Fendi ignored his design for leather jogging pants. In Fendi's defense let's not forget that Kanye's collection of cement hats was a severe disappointment.

Lady Gaga and Adam Levine get into a twitter war that starts out being about the nature of art but quickly devolves into grammar shaming. It's exactly like that time when Picasso and Hemingway wrote angry notes to each other in the margins of the afternoon paper.

Miley Cyrus ALL IMAGES GETTY

Funny gal Wilson finds out that jokes don't twerk well for Miley's people

Maybe Miley Cyrus doesn't have that much of a sense of humour about her public image in the wake of her MTV Video Music Awards performance. Rebel Wilson says she was set to introduce Cyrus at the iHeartRadio Music Festival in Las Vegas last week but bristled at having her material censored. "Their management got a copy of my jokes of what I was going to say, and I was banned from saying the jokes," Wilson tells Jimmy Kimmel during an interview. Britney Spears ended up welcoming Cyrus to the stage. "But the jokes weren't that bad," Wilson insists. "It was like, 'Miley Cyrus got to the top through her raw talent and hard twerk.' It wasn't even that bad."

Scary Clown Train, Zombie Babies, Asylum, Decor, Costumes and Whole Lot More!
1000 locations across North America
FREE admission to the IN-STORE-EXPERIENCE
2635 Gordon Road
(formerly Sport Chek)
Regina
(306) 586-9813
It's So Much Fun It's Scary!!
SPIRIT 1983 30 2013 YEARS
SPIRIT 30 YEARS
20% off
Your most expensive item when you shop in-store with this coupon!

Forty-eight per cent of children aged 11 and older have a cellphone. ISTOCK

Book excerpt

Smartphone vs. kids

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Smartphones. Do kids need one? I go back and forth on this one. While it's great that we can use our smartphones to stay in touch with our kids, it's not so great that they can use their smartphones to stay in touch with us. When I need to get a hold of them, it's important. When they need to get a hold of me, it's usually to ask me to do something. I don't need them to have immediate access in one of those scenarios. According to a President's Choice survey, 48 per cent of children 11 and older have a cellphone. Take my advice and teach them how to use this cellphone in a safe and polite way. Just because we blazed the trail by using these marvels of technology in cars, while walking across busy streets, and in the middle of romantic dinners, does not in any way mean we have to pass on these rude and dangerous methods to our children. Help put the "smart" back in smartphone. **FROM I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS BY KATHY BUCKWORTH, PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.**

Exclusively online

The McCafé is a parent's play place. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metro.ca/voices.

Balancing act: Finding fam time

Book. Don and Debra MacMannis share tips on how to strengthen family ties

Parents might often feel they are running a daily gauntlet, from backpacks and breakfast in the morning to bedtime tuck-ins. But every now and again, parents should take a few minutes to check in with each other and their children.

One therapist couple, Don and Debra MacMannis, have 10 tips in a new book — How's Your Family Really Doing? — they say are needed to create lasting bonds

Don, a child psychologist who also writes music for children, says the book was inspired after 35 years of families reaching out for help, often asking the same questions.

The couple had some advice on how families can form stronger ties, starting with taking time to connect.

The in-between times

Catch moments in between — like driving in the car, eating a snack, walking the dog — to share thoughts and feelings with your loved ones.

Tip

Use voicemail, email or texts to send your love or to check in on how your partner's day is going. Little gestures help us feel loved.

Be affectionate

Too many parents give all of their love and attention to the kids. Make a conscious decision to be more affectionate with your partner. Remember the early days of courtship when you held hands, kissed and hugged hello and goodbye (and then some), shared back rubs or cuddled up on the couch? Do that again.

Just listen

Deeply listening to one another can be a profound way to reconnect if distance has crept between you. If you are the listener, make eye contact, take deep breaths to keep yourself centered, and remember not to give unsolicited advice.

There are easy ways to bring your family members closer together. ISTOCK

Every bit counts

Words and gestures can also be affectionate. We obviously feel more loved when complimented rather than criticized. Use fun nicknames and don't forget to say the precious words: "I love you."

METRO

Many School Bus Drivers Still Needed

If you have a few hours each school day to supplement your family income, give back to our community, and help our students get to & from school safely every school day, become part of our team.
FREE TRAINING provided.

Don't miss the bus on this great opportunity.
Call **306-721-4499** or e-mail
canadajobs@firstgroup.com

We are an equal opportunity employer.

First Student

Join us for the Pumpkin Princess Pageant!!

PUMPKIN HOLLOW
Corn Maze & Fall Festival

SATURDAY, OCTOBER 5th, 2013

Come have tea with Princess Penelope the Pumpkin Princess

Treat Your Family To The Best Fall Experience In Saskatchewan!

For tickets and our complete Special Events Calendar visit us on the web:
www.pumpkinhollow.ca

or call the Pumpkin Hollow Hotline at 306-731-1479

Bye-bye barbecue season: Chicken kebabs with sauce

1. In a large zip-close plastic bag, combine the water, salt, paprika and pepper. Close the bag and shake to blend, then add the chicken. Seal the bag, then turn to coat the chicken. Refrigerate for 30 minutes. If using wooden skewers for the kebabs, soak them in water while the chicken brines.

2. Meanwhile, in a blender or food processor, combine the bananas, ketchup, jalapenos and vinegar. Puree until very smooth. Set aside.

3. When ready to cook, heat the grill to medium-high. Use an oil-soaked paper towel held with tongs to oil the grill grates.

4. Remove the chicken from the brine, then thread the pieces onto 4 skewers. Grill, turning regularly, until cooked through, about 12 minutes total. Using a basting brush, lightly coat the kebabs on all sides with chili-banana sauce, then grill for another minute. Transfer the kebabs to serving plates, then drizzle with additional sauce. THE ASSOCIATED PRESS

Ingredients

- 1/2 cup water
- 1 tsp kosher salt
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1 1/4 lbs boneless, skinless chicken breasts (about 3), cut into 1-inch chunks
- 1 1/2 bananas
- 1/2 cup ketchup
- 1 to 2 whole fresh jalapenos (for less heat, split them open and remove the seeds and ribs)
- 2 tbsp red wine vinegar

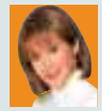
This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Correction

Friday's Beekman Boys article wrongly identified The Beekman 1802 Heirloom Dessert Cookbook as the couple's first book release. It is actually its second.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Salad is great for those trying to eat healthy, but additions may cost you in calories and fat if you're not careful. PHOTOS: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)

Milestone's Grilled Chicken Salad

1,040 calories/ 82 g fat
Think twice about this salad. Fried tortilla chips and an oil-based vinaigrette give you close to a day's worth of calories and fat.

Equivalent

One Milestone's Grilled Chicken Salad with tortilla chips and Honey Lime Peanut Vinaigrette is equal in calories to 20 oz (567 g) grilled flank steak.

Roasted Garlic Caesar Salad entrée size with Chicken Breast

625 calories/ 45 g fat
At Milestone's, the Caesar gives you half the calories and fat, making it a better choice.

Simply the best **GREEN COFFEE BEAN EXTRACT!**

Not all green coffee bean products are created equal. If you want to truly amp up your weight loss results, look for Simply Trim. Simply Trim contains premium green coffee bean extract with the added benefit of Fraxipure. Fraxipure can:

- *Lower blood sugar*
- *Increase fat burning*
- *Decrease the formation of new fat cells*
- *Help prevent fatty liver disease*

Only Simply Trim combines these two weight loss powerhouse ingredients in one formula. It is a premium product that delivers premium results!

Testimonial "I am half way through my first bottle of Simply Trim and I am so happy with the results that I had to write you. I have lost 5 pounds so far and eliminated my overwhelming cravings for carbs! I finally feel like I can lose this weight for good." - Liz. September 19, 2013.

Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3

facebook.com/renewlifecanada
twitter.com/renewlifecanada

$3 RECEIVE $3.00 OFF Your Next Purchase Of Simply Trim*

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase.
Coupon expires November 30th, 2013. Signature:_____

Cutting to the chase: Brush up on lingo

The art of couponing — the use of coupons to save money on products and services — has its own lingo and etiquette. A quick survey of the Internet provides more than enough advice for anyone who wants to get started using coupons.

Here are just a few terms suggested by Cassie Howard, founder of mrsjanuary.com, Erin Huffstetler, of frugalliving.about.com, and Heather Wheeler and Joanie Demer, founders of thekrazycouponlady.com.

- BOGO or B1G1 — Buy one, get one free
- Limit one per purchase — only one coupon per item
- Limit one per transaction — only one coupon per transaction
- Limit one per person/family — one coupon per store visit
- Catalina — coupons printed out at the cash register or on the receipt
- Stacking — applying two coupons to a single purchase, such as a manufacturer's coupon and an in-store coupon
- FAR — Free after rebate
- MIR — Mail-in rebate
- Peelies — Those peel-off coupons you find on merchandise in the store to be redeemed by the cashier at checkout
- Blinkies — Coupon dispensers attached to store shelves (named for the blinking lights sometimes found on them)
- Tear pads — Booklets of coupons attached to store shelves for the customer to tear off.
- CFK — cash for kids (donation part of the value to charity)
- FPC – free product coupon
- HBA — health and beauty aides
- SPC — student price card

Howard has a few pieces of advice for new couponers — play fair, don't abuse the system, and be realistic about it.

"It makes me sad when new coupon users think they can grocery shop like those on Extreme Couponing," she said. "It's not possible."

M.E. POWELL

Trends are looking up

M.E. POWELL
For Metro

Canadians aren't big online coupon users, according to studies, but the trend is growing.

A 2010 comScore study ranked Canada seventh in coupon use. More than four million Canadians visit coupon sites monthly, reaching 16 per cent of the online Canadian audience in April 2011.

An August 2013 study by RetailMeNot.ca, billing itself as the largest digital coupon marketplace, found Canadians least likely of 11 countries to visit price comparison websites or use a mobile device for shopping.

Some 15 per cent of Canadians never look for deals or offers on products, and 22 per cent don't buy online, according to the 2013 study. At the same time, 28 per cent of Canadians look for coupons and vouchers in newspapers or mail, ranking even with Americans and Germans.

Only four per cent of Canadians look for deals on social media, the 2013 study found. However, the Canadian Deals & Coupon Association points out that few Canadian coupons are available on social media.

The good news for those who do use coupons, according to coupon mavens, is savings. The amount will vary depending on purchases, family size, and stores shopped.

For instance, Cassie Howard, founder of mrsjanuary.com, estimates you can save 30 to 50 per cent off grocery bills. Erin Huffstetler, of frugalliving.about.com, says she has experienced savings of 20 to 50 per cent. Heather Wheeler and Joanie Demer, founders of thekrazycouponlady.com, suggest savings as high as 50 to 90 per cent.

Most studies show that more women (62 per cent) use coupons than men, and the majority of coupon users are moms trying to get the best deals for their families.

A 2010 study found that more than four million Canadians visit coupon sites monthly. Other countries may use coupons more, but Canadians are slowly clipping their way to more savings. LIQUIDLIBRARY/THINKSTOCK

More than 78 per cent of U.S. consumers reported using a coupon in 2010, according to one study, with an average savings per coupon of $1.44 US. About 47 per cent of Internet users — or 88.2 million consumers — used coupons in 2011, and 96.8 million are expected to use coupons in 2013.

Digital coupon use is also a growing trend, with studies estimating as high as 48 million U.S. smartphone and tablet users will use a mobile coupon this year. Some sites predict as many as 53.2 million U.S. consumers will use mobile coupons by 2014.

Budget saver. Clipping for the holidays

Coupons are a seasonal business, and holidays are a natural time to find coupons.

Back-to-school coupons are popular in late August and September, said Cassie Howard, founder of mrsjanuary.com, and consumers search out Thanksgiving and Christmas seasonal coupons.

New Years is another good time to find coupons, Howard said, "when people have made a new year resolution to start saving more money."

"Couponing during the holidays can be a lifesaver for families on a tight budget," say Heather Wheeler and Joanie Demer, founders of thekrazycouponlady.com. "Of course, coupons will save a ton on the groceries for your holiday meals, but will also help you save substantially on toys and other gifts in department stores or online."

Most Canadians look for coupons in newspapers, newspaper inserts, flyers, and similar printed coupons, said Erin Huffstetler, of frugalliving.about.com. Sunday newspaper inserts are a good source, and buying multiple copies of the paper will provide enough coupons that you need for maximum savings.

Online coupon sites are becoming more popular, such as save.ca, websaver.ca, smartsource.ca, and lifemadedelicious.ca.

"Contacting your favourite manufacturers through their websites or customer service lines is an excellent way to score high-value coupons, and sometimes free product coupons," Huffstetler said.

To increase savings, Wheeler and Demer suggest the "perfect storm" for couponing. "Wait for a sale, then stack (combine) manufacturer and store coupons to save the most money possible."

M.E. POWELL

Find insurance based on needs

With fall family routines in full swing and the holidays around the corner, it seems like the to-do list just keeps getting longer. But as you rush to get things done, don't forget about some of those important annual items that require attention so you can avoid headaches down the road.

Reviewing insurance policies is one task, particularly your automobile coverage. Does yours still match your specific needs? As temperatures drop and the road conditions worsen, the right car insurance could save you from unexpected costs in the unfortunate event you need to make a claim.

"There is a perception that buying insurance can be stressful and overwhelming," says Greg McGill, a regional vice-president with Western Financial Group. "Working with an insurance broker can help to alleviate that stress, ensuring that you feel confident in the coverage you're getting."

Here are McGill's tips to ensure you have the right coverage at the right price:

As temperatures drop and road conditions worsen, the right car insurance could save you from unexpected costs if you have to make a claim. NEWS CANADA

Clarify as much as possible

The best way to understand what your car insurance covers is to ask questions. Don't be afraid to ask for clarification if something isn't clear. Understanding what your policy will or won't cover from the beginning will elevate misunderstandings, both financially and emotionally, should a loss occur.

Be honest

Excluding important details can be more of a hindrance than a help. By not sharing pertinent information like principal operator, distance driven or using your vehicle for delivery can void your coverage should you have a claim. This could cause more grief and financial loss in the unfortunate event of an accident or need for a claim. Make sure you are being up front with your coverage provider.

"There is a perception that hiding facts about your driving history could help you secure a better rate," McGill said. "Honesty is always the best policy because it allows your broker to identify the coverage that best suits your needs. Failing to disclose vital information could also impact your coverage and claim."

Ask about discounts

There are discount options. For example, if you have no one living in your home with less than 10 years driving experience, you qualify for a discount. Be proactive in your discussions.

Shop for insurance with a broker

Working with an insurance broker can help cut down on leg work and this applies for all types of insurance, not just auto. Brokers sell a wide variety of different brands and can identify plans that best serve your needs and meet your budget. You will be given more options than working directly with insurance providers, offering you the tailored coverage you're looking for.

Remember that finding the insurance that will provide you the best protection based on your needs is the top priority. NEWS CANADA

Accident planning and awareness are crucial since 500,000 Canadians are involved in auto collisions every year. MRIVSERG/COLOURBOX

Crash course in collisions

You hear the sound of crunching metal, your heart is racing, your palms are sweating — you have just been in an accident.

It's minor and, thank goodness, no one has been injured. But what now?

Once you have caught your breath, there are certain things you need to do to ensure your day doesn't get any worse.

Accident planning and awareness are crucial since every year 500,000 Canadians are involved in auto collisions.

"Auto accidents are not something that any driver wants to think about," says Mauro Convertini, an insurance expert at Aviva Canada. "But being prepared for a collision makes a very stressful situation a little more manageable."

Convertini suggests the following to ease the post-accident process:

- Safety first: Make sure that you and the occupants of your vehicle are safe and move off the road to prevent further injury.
- Make a list: Thinking clearly is difficult after a collision. Remove the pressure of trying to remember what you need to do by writing a list and keeping it in the glove compartment.
- Exchange information: Exchange names, addresses, phone numbers, insurance company information, driver's licence numbers and licence plates with each individual involved in the accident — all of this data will be necessary when filing an accident report and an insurance claim.
- Photograph the damage: Snap pictures at the scene. Photos will help settle any disputes about the extent of damage to the vehicles.
- File an accident report: Most provinces require that you report any accident where damage exceeds a specified amount to a collision reporting centre or the police.

Accidents do happen, so being prepared is a driver's best option.

NEWS CANADA

Preparing vehicles for the winter commute

You have noticed it. Your daylight drive home is now a moonlight trip. You are turning on the heat and your windows are rolled up.

With cold temperatures and flurries on the way, drivers are preparing their vehicles to safely navigate through the colder months.

Surprisingly, however, Canada's winter weather still catches drivers unprepared. According to historical data from Aviva Canada, customer claims increase by an average of approximately 49 per cent during the winter months, compared to the rest of the year. The first snowfall of the year historically accounts for the highest instance of collisions.

"Driving in the winter months puts different pressures on your vehicle, with ice, snow and extreme temperatures challenging your car," says Mauro Convertini, insurance expert from Aviva Canada.

"The best trick for drivers is to gear up their cars for the winter months before the bad weather hits."

Convertini offers drivers these tips to get vehicles winter ready:

- Check your tire pressure: It drops more quickly in cold weather, so top up your tires often to prevent sliding.
- Install snow tires: They improve traction with a more aggressive tread to safely power a car through slippery snow.
- Have an emergency kit ready: It should include a flashlight, first aid kit, warm clothing and blankets, road salt, shovel, scraper, emergency food supply and bottled water.

With these tips in mind, you will be able to approach the upcoming elements with caution as you safely steer your way through the colder months.

NEWS CANADA

Did you know that if you carry an insurance policy on your vehicle, your glass replacement or repair may be covered by your insurance company?

AVIVA | Portage Mutual Insurance | the co-operators A Better Place For You | SGI SGI ACCREDITED | CAA | SMI

3 EASY Steps to Replace Your Glass with Novus!

1. *Call us to book your repair or replacement. We will contact your insurance agent to take care of all the necessary paperwork!*
2. *Bring your vehicle over to our clean, friendly, 5,000 square foot facility on the date of your appointment.*

   **Courtesy rides provided to and from your home or office while we work on your vehicle.*
3. *Same day service with SATISFACTION GUARANTEED!*

Why Novus?

- We invented windshield repair in 1972.
- We have repaired over 20 million windshields.
- We developed the first windshield repair resin.
- We are the industry leaders in Research & Development.
- We hold more windshield repair patents than any other company.
- We manufacture our own equipment to the exacting design standards of NOVUS engineers.
- Our technicians are a group of experienced professionals that specialize in:

FREE CAN OF PREMIUM STREAK PROOF GLASS CLEANER WITH EVERY REPLACEMENT!

- *REPAIR AND REPLACEMENT OF ALL TYPES OF AUTO GLASS, INCLUDING SIDE MIRRORS.*
- *WE SPECIALIZE IN HOT RODS, CLASSICS AND LUXURY AUTOMOBILES.*
- *STONE CHIP REPAIR SERVICE AVAILABLE WITH NO APPOINTMENT NECESSARY.*
- *ON-SITE GLASS REPLACEMENT FOR ALL TYPES OF INDUSTRIAL MACHINERY, INCLUDING LARGE SEMI-TRACTORS.*

WE OFFER A LIFETIME WARRANTY ON ALL NOVUS STONE CHIP REPAIRS. ASK US FOR DETAILS.

260 ALBERT STREET | 306.525.6444
novus@sasktel.net | www.novusregina.com

NOVUS AUTO GLASS REPAIR & REPLACEMENT

Mobile Glass Replacement for all domestic makes and models, foreign vehicles, industrial vehicles and heavy equipment.

SPORTS 4

Jays' season ends much as it began

MLB. Toronto falls to Tampa Bay to close out underachieving year with 74-88 record

The Blue Jays acknowledge the crowd during their final game of the season. JON BLACKER/THE CANADIAN PRESS

Wasted season or expensive experimental test run?

The much-vaunted 2013 Toronto Blue Jays returned to the drawing board after a season rife with underachieving closed Sunday. Questions abound after the dismal campaign.

"We got off to a slow start and obviously it continued the entire year," GM Alex Anthopoulos said by way of understatement.

The season opened April 2 with a home sellout of 48,857 fans at Rogers Centre who saw a 4-1 loss to Cleveland.

Fast-forward to Sunday and only two players — shortstop Jose Reyes and catcher J.P. Arencibia — remained in the starting lineup. And Reyes missed some 66 games in between with an ankle injury while Arencibia came into the season finale batting .195 with 21 home runs and 147 strikeouts in 473 at-bats.

It seemed fitting that prior to the ceremonial first pitch Sunday, the PA system played Pick Up the Pieces by the Average White Band.

The Jays finished last in the American League East at 74-88, compared to 73-89 last season when they finished fourth in the division. Fan Appreciation weekend closed out with an exciting but failed comeback in a 7-6 loss to the Tampa Bay Rays before a loud crowd of 44,551.

Despite Sunday's six-run rally, it has been a rocky road for the Jays — and a long way from the optimism of spring training.

"It's an exciting season. Everybody's seen the moves," star outfielder Jose Bautista said back in February. "All the bodies are here now. It's all on us now to perform.

"We love that challenge and we have a confident, good group of players together. I think we're going to go out and have a lot of fun and hopefully we remain healthy. If all that happens, the season should take care of itself. We should be in the playoffs and hopefully the World Series."

The expected starting rotation — R.A. Dickey, Mark Buehrle, Brandon Morrow, Josh Johnson and Ricky Romero — cost $46.75 million alone.

It went south quickly, finishing with a combined 30-36 record — with Dickey and Buehrle accounting for 26 of those wins. THE CANADIAN PRESS

Wild finish to the regular season

The Texas Rangers forced a one-game tiebreaker for the second AL wild-card spot, winning their seventh in a row Sunday when Geovany Soto hit a tiebreaking RBI double and later homered to beat the Los Angeles Angels 6-2.

- The Rangers (91-71) added game No. 163 to the regular season, and will host Tampa Bay on Monday night. The winner plays two days later at wild-card leader Cleveland in another win-or-be-done matchup.

NFL. Manning, Broncos dismantle the Eagles

Peyton Manning made quick work of the Philadelphia Eagles in a game that was billed as fast-break football at its finest.

The Denver Broncos scored more points than they ever had in their 54-year history on Sunday, blowing out the Eagles 52-20 behind Manning's four touchdown throws and two special-teams scores. With two TD passes, Manning completed all but a half dozen of his 34 throws for 327 yards. THE ASSOCIATED PRESS

Broncos receiver Wes Welker scores a touchdown on Sunday in Denver. GETTY IMAGES

NFL. Seahawks swoop in to steal win from Texans

Steven Hauschka kicked a 45-yard field goal in overtime to give the Seattle Seahawks a 23-20 win over the Houston Texans on Sunday and the first 4-0 start in franchise history.

The Seahawks got the win on their second drive in overtime after rallying from a 20-3 deficit.

The Seahawks rallied to tie it at 20-20 on an interception return for a touchdown by Richard Sherman in the fourth quarter. THE ASSOCIATED PRESS

Seahawk Kam Chancellor breaks up a pass intended for the Texans' Owen Daniels. THE ASSOCIATED PRESS

Basketball

Thomaidis leads Canada to worlds

Canada's women's basketball team had to settle for a silver medal after losing 79-71 to Cuba in the FIBA Americas championship final on Saturday, but despite the loss, the team — led by University of Saskatchewan head coach Lisa Thomaidis — still earned a spot at the 2014 world championship.

"I'm proud of how hard they competed tonight; right down to the final minutes we were in a position to win, but Cuba deserves full credit for a tremendous game," said Thomaidis.

Canada clinched a spot in the 2014 world championship with a win over Puerto Rico in the semi-finals. THE CANADIAN PRESS

WHL

Pats stumble over weekend

Unable to build off of an impressive 6-0 road win over the Edmonton Oil Kings Wednesday night, the Regina Pats dropped both games over the weekend, including a 4-1 decision Friday night in Red Deer.

The loss to the Red Deer Rebels prevented the Pats from stringing together their first winning streak of the young WHL season.

Heading west to Cranbrook on Saturday, the Pats were unable to muster much offence, falling 3-1 to the Kootenay Ice.

The Pats conclude their western road trip Friday night when they face the Swift Current Broncos. METRO

CJFL

Thunder shoot down Rifles

The Regina Thunder downed the Winnipeg Rifles 40-13 in Canadian Junior Football League action Saturday night at Mosaic Stadium, pushing their winning streak to four.

Before the game, the Thunder were ranked second in the CJFL national rankings, just behind the defending champion Saskatoon Hilltops.

Now sitting at 5-1, the Thunder could retake the coveted No. 1 position.

The Thunder and Rifles will face each other once again next Sunday, this time in Winnipeg. METRO

Horoscopes

♈ Aries
March 21 - April 20
Both at home and at work you will know if others are telling the truth or tell fibs – no way will they fool you. If you do catch someone out in a lie make sure they pay for it.

♉ Taurus
April 21 - May 21
You may be in a trusting mood but don't let your generosity blind you. Some people will happily rip you off if they think they can get away with it. Don't let them..

♊ Gemini
May 22 - June 21
The planets warn you must not push yourself too hard this week, so cut yourself some slack and get some enjoyment from life.

♋ Cancer
June 22 - July 23
Be who you want to be and do what you want to do. That, in a nutshell, is the message of the stars this week and if you follow it you won't go far wrong. You may also earn some extra money.

♌ Leo
July 24 - Aug. 23
Only you know how hard you have strived to reach your current position, so don't let those who are a bit too free and easy with their criticisms get you down. What do they know? Not nearly as much as you.

♍ Virgo
Aug. 24 - Sept. 23
Some kind of offer will come your way this week and if you are smart you will snap it up. You may be shy and retiring by nature but you know a good thing when you see it – and this is first class.

♎ Libra
Sept. 24 - Oct. 23
Take care you don't spend too much on luxury living today. If you do you may be in for a shock a few weeks from now when money is much harder to come by. Is it essential? If not, don't buy it.

♏ Scorpio
Oct. 24 - Nov. 22
Family, friends and colleagues will rally round today to show they are behind you one hundred per cent. Whatever you want you will find a way to get it. More likely though, someone will get it for you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may not be entirely happy with the direction your life is going but there is no need to panic. The tide is turning in your favour, so be happy!

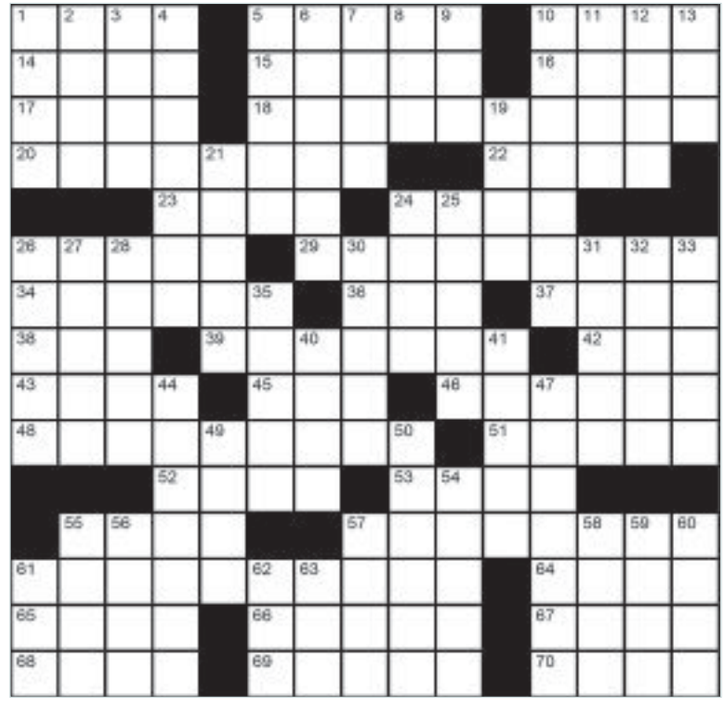
♑ Capricorn
Dec. 22 - Jan. 20
Your confidence is sky high at the moment and you only have to walk down the street to turn heads. Why? Because when you feel great on the inside you look great too.

♒ Aquarius
Jan. 21 - Feb. 19
Even if you don't have an idea what is going on around you at the moment act as if you do. Create the illusion that you are in control. It's surprising how easily people are fooled.

♓ Pisces
Feb. 20 - March 20
If you get the chance to travel this week, maybe to a place you have never been before, don't hesitate or hang back. Life is supposed to be an adventure, so be bold and be the one who does something different. SALLY BROMPTON

Crossword: Canada Across and Down

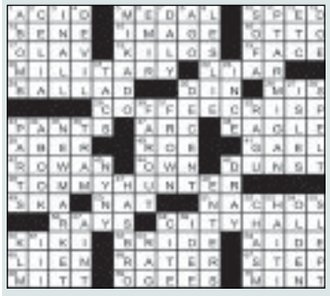
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Foretoken
5. Light rains
10. Scratch
14. __ passu (Impartially)
15. Really got to or bothered: 2 wds.
16. Chess piece
17. Culture†medium
18. Plastic surgery procedures: 2 wds.
20. Je me __ = I remember (Quebec licence plates slogan)
22. Actor Stephen, and surname sakes
23. "...so long __ __ both shall live?"
24. Scoundrel
26. Line: French
29. Show like "Dragons' Den" in The States: 2 wds.
34. Jerusalem's locale
36. Mr. Roth
37. "Divine Secrets of the __-__ Sisterhood" (2002)
38. Irish coronation stone, __ Fail
39. "__ Mysteries" on CBC
42. Bert Bobbsey's twin
43. 24-hr. bankers
45. Wet dirt
46. Operate
48. British Columbia city
51. Pops
52. Office phone lines, for short
53. Regarding: 2 wds.
55. Spa treatment, mani-__
57. Canadian Charter of Rights and __
61. Group of Seven painter, Franklin __ (b.1890 - d.1945)
64. Milk, in Montreal
65. Actress Jessica [abbr.]
66. Comic strip, For Better or For __
67. French 101 verb
68. Imagine, archaically
69. "Boy __ World" ('90s TV series)
70. Canadian telecommunications firm

Down
1. Pampering places
2. Othello villain
3. Grey, in Germany
4. Grunge greats
5. "Ahoy, __!"
6. Apple songs
7. School terms, for short
8. Scottish hat
9. Particular pen
10. 'C' in SPCA
11. Ricky Martin smash: "Livin' La Vida __"
12. Approves, quick-style
13. Month segments
19. "Star __"
21. "_ __ to recall that..."
24. Gloriole
25. Love Story author Mr. Segal
26. Fragrant scent
27. "...__ __ _ plane?" (Superman-spotting question)
28. Tiny weights
30. Ms. Hopper of Hollywood's heyday gossip
31. Milk, vitamins _ __ _ added
32. Spiral-horned antelope
33. Surnamesakes of Orson Welles' most famous role
35. "Network" (1976) director Sidney
40. Floor coverings
41. Urgency
44. Oprah's longtime love
47. Mr. __ (Soup brand)
49. Nero's 62
50. Most unique
54. Tennis great Monica
55. Pallid
56. Actress, Kathryn __
57. Food assortment
58. Vow
59. Ms. Sorvino
60. Goulash
61. Crow cry
62. Uniquely-spelled mountain basin
63. Flat-bladed tool

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

4	5	1	3	9	7	2	8	6
8	7	6	1	4	2	9	5	3
3	9	2	6	8	5	7	4	1
6	8	9	5	3	4	1	7	2
5	3	7	2	1	6	8	9	4
1	2	4	8	7	9	3	6	5
7	6	8	4	2	3	5	1	9
9	4	3	7	5	1	6	2	8
2	1	5	9	6	8	4	3	7

					1	4		2
6	9		7	2				5
	8							
7		5			6	9		
8								3
		9	3			1		7
							5	
3				8	4		7	9
1		7	2					

visit metronews.ca

metro

Looking to break away from a bad career move?

Find more than 6,000 new job postings each week.

At Workopolis, we have job searching down to a science. With the most job postings from Canada's top employers, we'll help you find a workplace with the right chemistry. It's what makes Workopolis Canada's number one job site.

workopolis.com

#workopolis

WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending August 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.